RANSOM'S

FAMILY

Receipt Book

1886



FREE TO EVERYONE.

It Contains Many Cooking, Coloring, Painting, and Miscellaneous Receipts—A Calendar, Interest and other Rules—And Many Facts Worth Knowing.

NEW EVERY YEAR.

PUBLISHED BY

D. RANSOM, SON & CO.,

BUFFALO, N. Y.

Baker, Jones & Co., Printers, 222 Washington St., Buffalo, N. Y.

WEAK LUNGS.

WE do not pretend that our medicines *alone and unaided* will *immediately* replace weak lungs with strong ones. Those are charlatans, quacks, and humbugs who have the heartlessness to make such a claim for *any* particular medicine. It would be just as sensible to assert that a certain drug alone would take the place of food to a starving man. The drug might be quite needful, in such a case, to assist by degrees in restoring the strength, but unless some nourishing food can be supplied, the man must die in spite of a world full of medicines. So starving lungs need *their* proper food, which is pure, dry, invigorating air at as uniform temperature as possible. Nourishing, easily-digested diet is also necessary to keep up the strength and allay irritations of stomach, bowels, etc. These once obtained, we would say to all persons with weak lungs that we feel certain they will find in our medicines the much needed assistance which they seek to effect a perfect cure. Instances without number are known to us where people even in the very last stages of Consumption, too poor to seek another climate, and too late in procuring the medicines to avert the fatal end, yet upon hearing of and using those two great remedies, the **King of the Blood** and **Dr. Trask's Magnetic Ointment**, never failed to mitigate their suffering, and in hundreds of cases extend their lives winter after winter when the physicians had declared it impossible to live more than a few weeks. We need not ask; we *know* what these medicines might have done for persons with weak lungs, the first step toward the *early stages* of Consumption, for the country is full of people who live to-day to thank the discoverers of these remedies for lives actually saved by them. The "King of the Blood" acts as a thorough blood-purifier and scrofula cure, and, as Consumption is generally of scrofulous origin, the "King of the Blood" is its greatest foe. This is to be taken internally. Its effect upon the liver, bowels, stomach, and other internal organs, is very beneficial and greatly assists the process of restoration. The "Magnetic Ointment" is to be applied externally. It has wonderful power to mitigate the usual suffering, allay inflammation, soothe irritation, remove the pressure upon the lungs, and thus enable the sufferer to breathe more easily and fully and enjoy nights of rest and refreshing sleep. Thus Nature, relieved of her burden, and well aided, gains time and strength for recovery. We urge the use of these remedies in all cases of Weak Lungs, Asthma, or general debility. A Treatise on Diseases of the Blood, containing many certificates of cures and full directions for using, will be found with each bottle.

For allaying the cough our **Hive Syrup and Tolu** will be found a most valuable aid. It is prescribed throughout the country by the leading physicians.

Back numbers of our Receipt Book for past 3 years will be sent on receipt of 6 cents in postage stamps, or 6 years for 12 cents. See index on 3d cover-page.

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RANSOM'S FAMILY RECEIPT BOOK.

1886.

Our Receipts.

The following Cooking Receipts, except those designed expressly for invalids, have not appeared in any previous book. They are carefully selected from the best contributions of persons skilled in each department, and have been thoroughly tested. The Painting and Dyeing Receipts, some of the Miscellaneous Receipts, the Receipts for Invalids, and the Rules, are so constantly useful that they are standard, and we continue them from year to year. We shall continue to issue our book with new receipts every year. Sew or bind them together, and you will need no other receipt book.

Back numbers for last three years will be sent on receipt of six cents in postage stamps. See index on third cover page.

Our Medicines.

All the formulæ of our medicines are the result of careful investigations and experiments conducted by professional and scientific men, some of whom were physicians regularly graduated from the first medical universities of the United States.

To prove our faith in the genuineness of all our claims and the qualities of our Medicines, we make the following propositions:

1st. *For every certificate of cure published by us, which is not a genuine copy of, or extract from, a letter, voluntarily written us by the person whose signature is attached, we will forfeit the sum of* **One Thousand Dollars,** *to be paid to any public hospital mutually agreed upon.*

Heretofore we have usually inserted in our Receipt Book many of such certificates, but deeming it desirable this year to explain more at length the nature of certain diseases and action of the proper medicines, we have inserted but very few for want of space. Many certificates will be found in pamphlets around bottles, and also in back numbers of the Receipt Book. When making inquiries by letter of the writers of these certificates, always inclose a two-cent postage stamp, and this will doubtless insure a reply.

We would here respectfully ask all those who have experienced great benefit from our medicines to state to us the facts, thus through us giving hope to other sufferers.

2d. *Upon a proper request, when we can be assured of the good faith of the inquirer, by* **personal** *reference or application, we will furnish a correct list, showing the names of all ingredients of our medicines.*

Neither of the above offers, we believe, was ever made by the proprietor of any other Family Medicine in the world.

D. RANSOM, SON & CO.,
Proprietors, BUFFALO, N. Y.

Inflammatory Diseases.



DR. TRASK was engaged for twenty years in a course of experiments upon the medical properties and power of vegetables, separate and combined. At the age of seventy years he succeeded in presenting to the world, as the result of his experiments, a combination of vegetable extracts, the power of which, in removing diseases, is unequalled in the annals of medicine. Certain it is that the remarkable and unprecedented success which has attended its application in the cure of diseases stamps it at once as the greatest discovery of the age, and calls for a trial and close investigation of its properties.

IT NEVER FAILS, while there remains sufficient life to restore a natural and healthy action to the capillary vessels of the body and equalize the circulation of the blood. By this means a controlling power is gained over the most malignant forms of disease, which cannot be obtained from any other remedy. Such is the power of this combination, *that it penetrates to every portion of the human frame; every bone and muscle, vein, nerve, ligament is searched out and made sensible of its purfying and healing influence.* Hence it copes as readily with internal as external disease.

NUMEROUS INSTANCES are on record where this remedy has restored health to patients so near the grave that the most powerful internal remedies failed to produce any effect. Such has frequently been the case in Inflammation of the Bowels. No patient ever need die with this disease where the Magnetic Ointment can be obtained.

FOR INFLAMMATORY RHEUMATISM this Ointment is the most complete remedy ever prepared. For Diphtheria, or Putrid Sore Throat, it is unrivalled.

In nine-nine cases out of a hundred it will afford entire relief to the worst cases of Nervous Headache in thirty minutes.

FOR NERVOUS DISEASES this medicine is of immense value. Piles, Affections of the Spine, Rheumatism, Lameness, Ulcerated Sore Throat, Bronchitis, Pleurisy, Croup, Colic, Cholera Morbus, Ague in the Face or Breast, Burns, Chilblains, Scald Head, Scrofula, Salt Rheum, Erysipelas, Inflamed Eyes, Fever Sores, etc., will be immediately relieved by the use of Dr. Trask's Magnetic Ointment.

Price 25 and 40 cents per bottle. Sold by all dealers in medicine.

Soups, Meats, Entrées, Etc.

(See many other Receipts in previous books.—See terms for mailing.)

GREEN PEA SOUP.—Cover a quart of green peas with hot water, and boil, with an onion, until they will mash easily. (The time will depend on the age of the peas, but will be from twenty to thirty minutes). Mash, and add a pint of stock or water. Cook together two tablespoonfuls of butter and one of flour until smooth, but not brown. Add to the peas, and then add a cupful of cream and one of milk. Season with salt and pepper, and let boil up once. Strain and serve. A cupful of whipped cream added the last moment is an improvement.

DUCHESS SOUP.—One quart of milk, two large onions, three eggs, two tablespoonfuls of butter, two of flour, salt, pepper, two tablespoonfuls of grated cheese. Put milk on to boil. Fry the butter and onions together for eight minutes; then add dry flour, and cook two minutes longer, being careful not to burn. Stir into the milk, and cook ten minutes. Rub through a strainer, and return to the fire. Now add the cheese. Beat the eggs, with a speck of pepper and half a teaspoonful of salt. Season the soup with salt and pepper. Hold the colander over the soup and pour the eggs through, upon the butter, and set back for three minutes where it will not boil. Then serve. The cheese may be omitted if it is not liked.

CREAM OF RICE SOUP.—Two quarts of chicken stock (the water in which fowl have been boiled will answer), one teacupful of rice, a quart of cream or milk, a small onion, a stalk of celery and salt and pepper to taste. Wash rice carefully, and add to chicken stock, onion and celery. Cook slowly two hours (it should hardly bubble). Put through a sieve; add seasoning and the milk or cream, which has been allowed to come just to a boil. If milk, use also a tablespoonful of butter.

EGG BALLS.—Boil four eggs ten minutes. Drop into cold water, and when cool remove the yolks. Pound these in a mortar until reduced to a paste, and then beat them with a teaspoonful of salt, a speck of pepper and the white of one raw egg. Form in balls about the size of a walnut. Roll in flour, and fry brown in butter or chicken fat, being careful not to burn.

LOBSTER CROQUETTES.—Mince the flesh of a lobster, season with salt, spices, and a little cayenne. Melt a piece of butter in a saucepan, mix with it a tablespoonful of flour, then the lobster and some chopped parsley; moisten with a little stock, until the mixture looks like minced veal; then stir into it off the fire a couple of yolks of eggs, and put it by to get cold. When nearly so shape it into the form of corks, egg them, and roll them in baked bread crumbs. After the lapse of an hour egg and bread-crumb them again, taking care to preserve the shape. After a little time fry them a nice color in hot lard.

SALAD OF STRING BEANS.—Boil the beans until thoroughly done, first stringing and splitting them. Set them on ice to get cold. Dress with pepper, salt, oil and vinegar.

SALAD OF BEETS.—This salad is particularly good when both beets and potatoes are new and tender. Boil in salted water equal quantities of both, and set them on ice to get cold. Just before serving cut them into thin but regular slices, dress with pepper, salt, oil and vinegar, and garnish with watercress.

POTATOES A LA PARISIENNE.—Cut from peeled potatoes with a vegetable-cutter as many little balls as the size of the vegetable will permit. Fry them in boiling lard, being careful they don't burn. Skim them out and drain, and sprinkle them with salt. These balls may also be stewed in milk, slightly diluted with water and thickened with a little flour. Season with butter, pepper and salt.

POTATO SALAD.—Take four or five hot, boiled potatoes, half a small beetroot, half a small Spanish onion, plainly boiled, and about three inches of pickled cucumber. Cut them all in slices, and arrange them on a dish. Pour over them a salad dressing, adding a litttle English mustard to it. Serve with a border of hard-boiled eggs, cut in slices.

Physicians Use and Recommend

TRASK'S MAGNETIC OINTMENT.

Many eminent physicians have introduced the "Magnetic Ointment" into their practice, and speak in the most enthusiastic terms of its success over a large class of diseases. The following have handed in their names for reference:

Drs. Geo. & Wm. Cleveland, Waterville, N. Y.
Dr. Buckingham, Marshall, N. Y.
Dr. Preston, Sangerfield, N. Y.
Dr. Winder, Oxford, O.
Dr. Twitchell, Clearfield, Minn.
Dr. Bingham, Utica, N. Y.
Dr. Bronson, Clinton, "
Dr. Bissell, " "
Dr. Gibbs, Oxford, O.
Dr. Hubbell, Amelia, O.

DR. JOHN OLIVER, Staunton, Ill., March 25, 1877, says: "My attention having been called to your 'Trask's Magnetic Ointment,' I read the theory of disease, as set forth in your treatise, with care. I am now nearly seventy years of age, and have been engaged in curing disease upwards of forty-five years. My motto has been, 'seize upon truth wherever found.' The theory, as set forth in said treatise, is correct, and the medicine that will give tone and efficacy to the capillary vessels is the thing needed in curing disease. I have tested your Ointment, and find it good for the purpose of toning the pores of the skin. With my discoveries and experience of over forty-five years' practice on that theory of treating disease, I am convinced your Ointment is a fine article."

DR. A. S. PYLE, New Galilee, Pa., April 22, 1875, says: "I am an old physician, having had an extensive practice up to within a few years, and with the greatest pleasure I am constrained to acknowledge that in all my practice of medicine for thirty years, I have not found the equal of your 'Trask's Magnetic Ointment,' in cases for which it is recommended. I consider it the best combination of medicines for an ointment or embrocation that is known. I use it in every case of inflammation—**Inflammation of Lungs, Affections of Liver, Rheumatism, Cancers, Tumors, White Swellings, Ulceration of Bone, Croup,** in short, every case where it is proper to apply an ointment."

See pamphlet around bottle for other physicians' certificates. Also see on page 1 our offer of $1,000 for certificates not genuine.

SCALLOPED CHICKEN.—Cold roast or boiled chicken—chiefly the white meat. One cup gravy, one tablespoonful butter, and one egg, well beaten, one cup of fine bread-crumbs, pepper and salt. Rid the chicken of gristle and skin, and cut—*not* chop—into pieces less than half an inch long. Have ready the gravy, or some rich drawn butter, in a saucepan on the fire. Thicken it well, and stir in the chicken, boil up once, take it off, and add the beaten egg. Cover the bottom of a buttered dish with fine bread-crumbs, pour in the mixture, and put another thick layer of crumbs on top, sticking bits of butter all over it. Bake to a delicate brown in a quick oven.

CHICKEN PIE.—Take two full-grown chickens, disjoint them, and cut the backbone, etc., as small as convenient. Boil them with a few slices of salt pork in water enough to cover them, let them boil quite tender, then take out the breast bone. After they boil, and the scum is taken off, put in a little onion cut very fine, not enough to taste distinctly, but just enough to flavor a little; rub some parsley very fine when dry, or cut fine when green; this gives a pleasant flavor. Season well with pepper and salt, and a few ounces of good, fresh butter. When all is cooked well, have liquid enough to cover the chicken, then beat two eggs and stir in some sweet cream. Line a pan with a crust made like soda biscuit, only more shortening, put in the chicken and liquid, then cover with a crust the same as the lining. Bake till the crust is done, and you will have a good chicken pie.

HAM OMELETTE.—Remains of boiled or fried ham—cold, minced fine, and seasoned, two or three eggs, one cup of milk, flour to make a good batter—about four tablespoonfuls, two tablespoonfuls of butter, chopped parsley, pepper and salt. Heat the butter to a boil in the frying-pan. Mix the eggs, milk, flour, parsley, pepper and salt into a batter, and pour it into the frying-pan. Lay in the middle, as soon as it begins to "form" the minced meat. Fry rather slowly, taking care that the batter does not burn. When done on one side, fold the edges of the pancake over to the middle, enclosing the meat, and turn with a cake spatula. When both sides are of a delicate brown put the cake "turner" under it, and slip over to a hot dish. Send around a little gravy in a boat.

QUENELLES.—Some cold, white meat of fowls or veal. One cup fine bread-crumbs, three tablespoonfuls cream or milk, two tablespoonfuls melted butter, one egg, well beaten, one cup well-flavored gravy, pepper and salt. Chop the meat very fine. Wet the crumbs with milk, and drain as dry as you can. Work into this paste the meat and egg, seasoning well. Flour your hands, and make the mixture into round balls, rolling these in flour when formed. Have ready the gravy hot in a saucepan; drop in the quenelles, and boil fast five minutes. Take them up and pile upon a hot dish; thicken the gravy with browned flour; boil up once and pour over them.

BRUNSWICK STEW.—Three fine gray squirrels, skinned and cleaned—joint as you would chickens for a fricassee; one-half pound of fat salt pork; one onion, sliced; twelve ears of corn cut from the cob; six large tomatoes, pared and sliced; three tablespoonfuls of butter rolled in flour; parsley; enough water to cover the squirrels. Put on squirrels, pork—cut up small—onion, and parsley in the water, and bring to a boil. When this has lasted ten minutes, put in the corn, and stew until the squirrels are tender. Then add the tomatoes, cut up thin. Twenty minutes later, stir in the butter and flour. Simmer ten minutes, and pour into a large, deep dish.

BAKED BEEFSTEAK.—Take the bone from a large sirloin steak; flatten it with the side of a hatchet, wash over the upper side with a beaten egg and spread thickly with a force-meat of crumbs, minced ham, and any other cold meat you may have, a teaspoonful of minced onion, a pinch of grated lemon peel, with pepper and salt, a beaten egg and three tablespoonfuls of cream or milk. Work these into a paste before spreading. Roll the steak upon them, binding closely with soft pack-thread. Have ready some dripping in a frying-pan, and cook the steak five minutes in this, turning as it browns. Now lay it in a dripping-pan with a cupful of boiling water; cover and bake forty minutes, basting and turning often. When done, remove the strings; lay the beef upon a hot dish; thicken the gravy with browned flour, boil up and pour half over it—the rest into a boat.

Read what Trask's Magnetic Ointment has done.

PILES.

There is no disease more torturing, nor one which will more quickly derange the whole nervous system, than this, and yet thousands of sufferers declare that they can get no relief. There may be some cases where the disease is so firmly seated, by reason of a generally disordered system and long continuance, as to be regarded incurable, but they are, after all, exceedingly few. If such cases exist at all, **Trask's Magnetic Ointment** will certainly be of great benefit, reducing the pain to a wonderful extent, and bringing rest and comfort if it cannot entirely cure. But nearly every case of **Piles**, however aggravated and desperate, *can be cured, provided the proper medicine is obtained;* and where hundreds of so-called remedies have been tried and failed, the MAGNETIC OINTMENT has proven successful beyond all parallel. In fact, we sell the Ointment directly to hundreds of people, who, having used it themselves, wish for more to supply their suffering friends. Regarding its effect in this disease we have a multitude of certificates in our office, but can only give space to the two following, one from a physician of large practice:

DR. D. WINDER, Oxford, O., Feb. 15, 1874, says: "I have thoroughly tested 'Trask's Magnetic Ointment' on my own person and also a number of others, and find it the most effectual remedy for inflammatory diseases that I have ever tried. I have been cured of a terrible affliction of five years' standing, with a few bottles, the particulars of which I will give you in a future letter if you wish me to do so. It has cured, also, several cases of **Piles** of long standing."

G. L. FULLMER, Leavenworth, Kansas, Jan. 14, 1881, says: "My wife had been a sufferer from Piles for four or five years. She saw the advertisement of Trask's Magnetic Ointment, and, though she had tried many medicines without relief, she concluded to try this as the last. This was in March, 1880. She is now a well and hearty woman."

Directions for Using in Case of Piles.—Bathe the parts by dashing handfuls of as cold water as you can bear upon them, then dry and anoint thoroughly with the Ointment. This should be done every night before going to bed, and if it can be borne, every morning on rising also.

See on page 1 our reward of $1,000 for spurious certificates.

Pies, Puddings, Desserts, Etc.

(For many other Receipts and "Pie-Crust," "Puff-Paste," "Pudding Sauces," etc., see previous books. See terms for mailing.)

ORANGE PIES.—Two cupfuls of sugar, two of flour, five eggs, one teaspoonful of cream of tartar, half a teaspoonful of soda, the juice and rind of one orange. These are for the cake. Beat the eggs very light; then add the sugar, and beat until frothy. Now add the orange. Mix the soda and cream of tartar with the flour, and rub through a sieve on to the beaten eggs and sugar. Stir well, and bake in deep tin plates. There will be enough for six plates. When baked, put a thin layer of the icing between the cakes, and cover the pie with icing. There should be three cakes in a pie.

Icing: The whites of four eggs, one teacupful of powdered sugar, the juice and rind of two oranges. After beating the whites to a stiff froth, beat in the sugar and then the rind and juice of the oranges. When the pies are iced, dry them in the heater.

LEMON PIE.—The juice and rind of one lemon, two eggs, eight heaping tablespoonfuls of sugar, one small teacupful of milk, one teaspoonful of corn-starch. Mix the corn-starch with a little of the milk. Put the remainder on the fire, and when boiling stir in the corn-starch. Boil one minute. Let this cool, and add the yolks of the eggs, four heaping tablespoonfuls of the sugar, and the grated rind and juice of the lemon, all well beaten together. Have a deep pie plate lined with paste, and fill with this mixture. Bake slowly half an hour. Beat the whites of the eggs to a stiff froth, and gradually beat into them the remainder of the sugar. Cover the pie with this, and brown slowly.

GREEN APPLE PIES.—Pare, quarter, core, and stew nice tart apples in water enough to prevent them from burning. When tender, sweeten very sweet with white sugar, fill the pie-plate, which has been lined and edged with paste, grate on a little nutmeg, cover, and bake forty-five minutes.

MARLBOROUGH PIES.—Steam until tender six good-sized tart apples, and then run them through the colander, stir in, while they are hot, one spoonful of butter; when cool, stir in the yolks of three eggs, the rind and juice of one lemon, and one teacup of sugar, which have been beaten together. Bake in a moderate oven forty minutes, in a deep plate, as squash pies. Cut and bake little cakes of puff paste, and when the pie is cold, garnish it with them.

PINE-APPLE PIE.—One large pine-apple, pared and grated, one cup of sugar, one-half cup of butter, five beaten eggs, a little nutmeg, some good pie-paste; cream butter and sugar. Beat in the yolks for three minutes; add pine-apple and spice; lastly, the whites. Bake in open shells of paste. Eat cold.

PUMPKIN PIES.—Take a small pumpkin, or half of a large one, stew long and slowly, then strain it, after peeling and cutting it in small pieces. Mix with this quantity of pulp one quart of sweet milk, three eggs, and two tablespoonfuls of corn-starch mixed; first smooth with a little of the milk. Salt, sugar, and ginger must be put in to taste. A large cup of sugar is about right; one nutmeg. The ginger is indispensable to a genuine pumpkin pie. If part cream can be used, the pie is much richer, as well as more delicate in flavor. Bake with an under crust only.

OPEN APPLE CUSTARD TART.—Twelve juicy, tart apples; one cup of sugar; grated peel of a lemon; one pint of milk; three eggs, and three tablespoonfuls of sugar, for the custard; good pie paste.

Put a border of pie-crust around the flat brim of a pie-plate, without lining the bottom. Fill the plate with sliced apple, sugared, with lemon-peel scattered here and there. Put in a *little* water. Cover with a crust, in the center of which you have marked a circle with a cake-cutter, or large tumbler. Bake the pie; with a sharp knife cut out the marked circle; lift the center-piece, and fill the inside of the pie with a warm custard made of the milk, eggs, and sugar, boiled, until it begins to thicken. Eat cold.

DIRECTIONS FOR USING

TRASK'S MAGNETIC OINTMENT.

In all *acute attacks*, let the Ointment be thoroughly heated in. In all cases where the Magnetic Ointment is applied to the *whole surface* of the body, stimulating drinks should be given freely, but this will not be necessary when used only on a part of the body.

IN ACUTE INFLAMMATION OF THE LUNGS, it should be applied very freely to the chest and the back, between the shoulder-blades, once in 12 hours (night and morning), and faithfully rubbed and heated in. In **Consumption** and all affections of the **Lungs** and **Bronchial Tubes** apply freely at night.

FOR ULCERATED SORE THROAT.—Spread a thick coating of the Ointment on a fold of woolen cloth and bind about the part affected. If the soreness is not entirely gone in 12 hours, renew the Ointment. It is well to apply it in this manner whenever there is soreness or pain in the region of the lungs, or in case of a protracted cough.

CROUP OR RATTLES.—For this dangerous disease the Magnetic Ointment may be relied on as an unfailing remedy, if applied in season. Apply profusely to the throat and chest and heat it in. Ransom's Hive Syrup and Tolu should be used in connection with the Ointment. See remarks on Ransom's Hive Syrup and Tolu in other parts of this book.

DIPHTHERIA (PUTRID SORE THROAT).—Trask's Magnetic Ointment will certainly prevent and cure these alarming diseases if used early. Apply to the throat and chest and cover with a hot flannel.

PILES.—In cases of Piles it acts like a charm, affording positive relief; there is no liniment in the world equal to it for the cure of Piles. Apply to the parts affected and across the small of the back.

ULCERATED SORES, SALT-RHEUM, SCROFULA, FEVER-SORES, SCALD HEAD.—These are usually obstinate affections, and it will require some perseverance in most diseases of this class to effect a cure. Let the sores be cleansed every morning with soap-suds made of Castile soap and soft water. Apply the Ointment once in 12 hours to the parts affected and to the bottoms of the feet. It will reduce the inflammation, open the pores, extract all the irritating humors and heal the sores without endangering the health. Our King of the Blood should be used in connection with the Ointment for this class of diseases. See remarks on King of the Blood in other parts of this book.

INFLAMED OR SORE EYES.—Apply the Ointment to the temples and eyelids, sides of the nose, and across the back of the neck. It takes out all inflammation and heals them with wonderful rapidity.

NERVOUS PAIN OR IRRITABILITY.—It quiets the nerves at once, and affords the patient ease and rest. It should be applied, not very profusely, beginning at the temples and passing over the whole surface.

NERVOUS OR SICK HEADACHE.—Apply the Ointment freely to the forehead and temples and back of the neck; also to the soles of the feet and palms of the hands. It will relieve the severest headache in *thirty minutes*.

ALMOND PUDDING.—One pint of shelled almonds, two dozen macaroons, the grated rind of a lemon, half a cupful of sugar, half a cupful of butter, the yolks of six eggs, one quart of milk, one pint of cream, one tablespoonful of rice flour. Blanch the almonds and pound them in a mortar. Put the milk in a double boiler, reserving half a cupful. Add the pounded almonds to it. Mix the rice flour with the half cupful of cold milk, and stir into the boiling milk. Cook six minutes, and put away to cool. When about half cooled, add the sugar and butter, which should have been beaten together until light. When cold, add the yolks of the eggs, well beaten, the macaroons, which have been dried and rolled fine, and the cream. Butter a pudding dish that will hold a little more than two quarts; or, two small ones will do. Turn the mixture into this, and bake slowly forty-five minutes. Serve cold.

AMBER PUDDING.—One dozen large, tart apples, one cupful of sugar, the juice and rind of two lemons, six eggs, four tablespoonfuls of butter, enough puff or chopped paste to line a three-pint pudding dish. Pare and quarter the apples. Pare the thin rind from the lemon, being careful not to cut into the white part. Put the butter, apple, and lemon rind and juice in a stew-pan with half a cupful of water. Cover tightly, and simmer about three quarters of an hour. Rub through a sieve, add the sugar, and set away to cool. Line the dish with *thin* paste. Beat the yolks of the eggs, and stir into the cooled mixture. Turn this into the lined dish. Bake slowly for half an hour. Beat the whites to a stiff froth, and gradually beat into them three tablespoonfuls of powdered sugar. Cover the pudding with this. Return to the oven and cook twelve minutes with the doors open. Serve either hot or cold.

BAKED APPLE PUDDING.—Fill a three-quart earthen dish with pared and quartered apples. Sprinkle on these one cupful of sugar, a slight grating of nutmeg, one tablespoonful of butter, and half a cupful of water. Cover and bake thirty minutes. Make half the rule for chopped paste. Roll a piece of the paste into a strip that will reach around the pudding dish This strip should be about two inches deep. Roll the remainder of the paste to cover the dish. Take the pudding dish from the oven, slip the strip of paste between the apple and the dish, and put on the top crust. Return to the oven and bake one hour longer. Serve with a cream sauce.

DELICATE INDIAN PUDDING.—One quart of milk, two heaping tablespoonfuls of Indian meal, four of sugar, one of butter, three eggs, one teaspoonful of salt. Boil the milk in the double boiler. Sprinkle the meal into it, stirring all the while. Cook twelve minutes, stirring often. Beat together the eggs, salt, sugar, and half a teaspoonful of ginger. Stir the butter into the meal and milk. Pour this gradually on the egg mixture. Bake slowly one hour.

KISS WAFERS.—Half a pint of blanched bitter almonds, one heaping cupful of powdered sugar, the whites of six eggs, one third of a cupful of flour, two tablespoonfuls of corn-starch. Blanch the almonds and pound them in a mortar. As soon as they are a little broken add the white of an egg. Pound until very fine. When there is a smooth paste add the sugar, a little at a time, the whites of two eggs, one at a time, and the flour and corn-starch. When thoroughly mixed, add by degrees the three remaining whites. Butter the bottom of a flat baking pan and put the mixture on it in spoonfuls. Spread it *very thin*, especially in the center, and bake in a quick oven. The moment the cakes are taken from the oven, roll into the shape of cornucopiæ. If allowed to cool they cannot be rolled, and for this reason it is best to bake only half a dozen at a time. When all are shaped, fill with the kiss mixture, made by beating the whites of three eggs to a stiff froth, and stirring into them, lightly, four tablespoonfuls of powdered sugar. Place the wafers in a warm oven for twenty minutes or half an hour, to dry. With the quantities given two dozen can be made.

DIRECTIONS FOR USING

TRASK'S MAGNETIC OINTMENT.

(CONTINUED.)

A BURN will heal quicker upon applying **Trask's Magnetic Ointment** than with any other remedy. The pain will be relieved at once, and no scar will be left from the injury. The burned part should be thickly covered with the ointment and cloths kept on to exclude the air.

A CUT OR BRUISE will soon cease to cause suffering, and the ruptured flesh and skin will knit together and recover their usual color and smoothness with almost magical rapidity. Use as in case of burns.

SORES of all kinds, whether old or new, will heal in a wonderfully short space of time. If there is any proud flesh or putrid matter it will soon disappear, to be replaced by firm, healthy flesh. The sores should be washed daily with soap and water, after which apply the Ointment, and wrap firmly with cloths.

CORNS can be cured by shaving them closely and wrapping them in the Ointment, or heating it in by the fire every night.

CHAPPED HANDS will become smooth and soft by a few applications of the Ointment.

CHAFING is speedily relieved by applying the Ointment to the parts affected every night and morning for several days. Mothers of small children will never be without it after one trial, and men who are on their feet constantly will find great relief in this remedy.

SPRAINED LIMBS will most kindly heal, and become greatly reduced in size when swollen, by the use of the Magnetic Ointment.

CHILBLAINS AND FROZEN LIMBS are quickly cured by the Ointment. Keep away from the fire, take the frost out in snow or ice water, then wrap them up in the Ointment. Renew the Ointment once in twelve hours. They will cause no pain after the first frost is out, and will be entirely well in a few days.

BACKACHE, and all spinal irritations, will surely subside under the influence of the Ointment. The Ointment should be rubbed on very freely, and the rubbing should be kept up for nearly one hour. Repeat every two or three days until cured.

CANCERS, although we do not claim they can be wholly cured by the Ointment if the disease has progressed too far, can yet be greatly modified, and the patient benefited by the Ointment. If, taken at right time, and the Ointment used in connection with our blood purifier, King of the Blood, referred to in other parts of this book, cures will be effected.

PIMPLES and all other scrofulous eruptions will disappear by use of the Magnetic Ointment and King of the Blood.

AND FINALLY, when there is any soreness, inflammation, swelling, lameness, or aching of any kind, relief and cure may be found in this Ointment, which should always be kept on hand. Persons should not wait until accident or disease occurs, and then be obliged to send post-haste for the medicine. The testimony of all who have used the Magnetic Ointment is that they "*can't get along without a bottle of it always in the house*," so convenient and effective is it in preventing a threatened attack of disease, or in case of injury or sudden disorder.

Bread, Breakfast, Tea and Sweet Cakes.

(For many other Receipts and "Prepared Flour," "Home-made Baking Powder," see previous books. See terms for mailing.)

BREAD MADE WITH DRIED YEAST.—Two quarts of flour, one yeast cake, one generous pint of water, blood warm; one tablespoonful of sugar, one of butter, one teaspoonful of salt. Dissolve the yeast in the water, and stir gradually into one pint of the flour. Set in a warm place for two hours. It will then be risen to a sponge. Stir it into the remainder of the flour. Knead well, and put in a warm place to rise. It will rise in about five hours if the heat is about seventy-five or eighty degrees. Or it will rise during the night in a heat of sixty degrees.

STICKS.—Four cupfuls of flour, one tablespoonful of sugar, one-fourth of a cupful of butter, one cupful of boiled milk, the white of an egg, one-fourth of a cake of compressed yeast, one scant teaspoonful of salt. Dissolve the butter in the milk, which have blood warm. Beat the white of the egg to a stiff froth. Dissolve the yeast in three tablespoonfuls of cold water. Add all the other ingredients to the flour, and knead well. Let the dough rise over night, and in the morning make into balls about the size of a large English walnut. Roll each of these balls into a stick about a foot long. Use the moulding board. Place the sticks about two inches apart in long pans. Let them rise half an hour in a cool place, and bake twenty-five minutes in a very moderate oven. Sticks should be quite dry and crisp. They cannot be if baked rapidly.

MUFFINS.—One quart of flour, two cupfuls of milk, half a cupful of sugar, two eggs, two teaspoonfuls of cream of tartar, one of soda, half a teaspoonful of salt, butter the size of an egg. Mix the other dry ingredients with the flour, and rub through a sieve. Melt the butter with four tablespoonfuls of boiling water. Beat the eggs light, and add the milk. Stir into the flour, and add the butter. Beat thoroughly. Bake in buttered muffin pans from twenty-five to thirty minutes, in a quick oven.

GRAHAM MUFFINS.—Into a bowl put one and a half pints of Graham flour, half a cupful of sugar, and a teaspoonful of salt. Into a sieve put half a pint of flour, a teaspoonful of saleratus and two of cream of tartar; mix thoroughly with the flour, and sift on to the material in the bowl. Mix all thoroughly while dry, and add two well-beaten eggs and a pint of milk. Fill muffin cups about two-thirds to the top, and bake in a quick oven.

HOMINY DROP-CAKES.—One pint of fresh boiled hominy (or, cold hominy may be used; if the latter, break into grains, as lightly as possible, with a fork, and heat in a farina kettle without adding water), one tablespoonful of water, two eggs—whites and yolks beaten separately. Stir the yolks into the hominy first, then the whites, and a teaspoonful of salt, if the hominy has not been salted in cooking; or, if it has, use half a teaspoonful. Drop, in tablespoonfuls, on well-buttered tin sheets, and bake to a good brown in a quick oven.

RAISED WAFFLES.—One pint of milk, one pint and a half of flour, an egg, a teaspoonful of salt, one-fourth of a yeast cake, or one-fourth of a cupful of liquid yeast. Dissolve the yeast in two tablespoonfuls of cold water. Have the milk blood warm, and add to it the yeast, salt and the egg, well beaten. Stir gradually into the flour. Cover and let it rise four hours. Cook as usual.

SILVER CAKE.—One cupful of sugar, half a cupful of butter, the whites of three eggs, half a cupful of corn-starch, dissolved in nearly half a cupful of milk; one and a fourth cupfuls of flour, half a teaspoonful of cream of tartar, one-fourth of a teaspoonful of soda, and vanilla or almond flavor. Beat the butter to a cream, and gradually beat in the sugar. Add the flavor. Mix the flour, cream of tartar and soda together, and sift. Beat the whites to a stiff froth. Add the corn-starch and milk to the beaten sugar and butter; then add the whites of the eggs and the flour; mix quickly and thoroughly. Have the batter in sheets, and about two inches deep. Bake in a moderate oven for about half an hour. A chocolate frosting is nice with this cake.

RHEUMATISM.

What is it, and how can it be cured?

HOW MANY poor afflicted beings have lived through years in hourly agony from Chronic Rheumatism, their muscles contracted, joints swollen, bodies distorted, even features twisted out of all recognition, until what was before a splendid specimen of manly vigor, or womanly beauty becomes a repulsive deformity! How many, suffering from Acute or Inflammatory Rheumatism, have lain for days and weeks scarcely able to move a limb, their nights sleepless except for opium, their days full of almost unendurable torture, almost praying for death as their only relief!

OF ALL DISEASES which the human flesh is heir to, the most widely spread, at the same time one of the most lingering, painful, and least understood, is Rheumatism Therefore, from it physicians reap their richest harvests.

RHEUMATISM is not a disease of bone, or of tendons and ligaments. It is simply and absolutely nothing more nor less than an inflammation of what is called the fibrous tissue—a tissue or membrane full of little fibres or threads lying around and near to the joints of the body, and among the tendons and ligaments as well as some of the internal organs. When this tissue becomes suddenly inflamed, until the muscles at the joints are very red, swollen and tender, so that it is impossible to move the limbs, and when you have a high fever and cannot bear to be touched, you have *Acute* or Inflammatory Rheumatism. When you become gradually lame in parts of the body, showing that the fibrous tissue is slightly inflamed, and that the heat is drying up the fluid or natural oil that lubricates or *oils* the joints, and you have repeated attacks every time you get cold or wet, you have *Chronic* Rheumatism. The immediate cause of both kinds is exposure to cold and dampness, hence poor laboring people are most frequently the sufferers. The *primary* cause, however, is frequently impurity of the blood, debility from indigestion and exhaustion, and loss of the natural magnetism or electric force of the system. To correct these conditions is the great necessity, and this has been attained to perfection in the great discovery of **Dr. Trask's Magnetic Ointment.** This penetrates with magic rapidity to the very fibrous tissues which are the seat of the disease, arrests the inflammation at once, while by its action upon the skin it restores the healthy magnetic or electric balance of the system, reinvigorates the exhausted energies, and increases the activity of the blood circulation. The Ointment should be heated and thoroughly rubbed in upon the parts affected until the flesh and skin seem to be thoroughly saturated with it, and the parts then wrapped with warm flannel. See pamphlet around bottle for many testimonials. In some cases of Chronic Rheumatism there may be a possibility that its cause is hereditary, that it is of a scrofulous or syphilitic origin, and that therefore the blood is very corrupt. In such cases not only the Ointment should be faithfully used, but our **King of the Blood,** the best blood purifier ever given to the public, and the preparation of a regular physician of over twenty years' practice, should be taken according to the directions to be found on the bottle See what is said of this valuable medicine in other parts of this book.

MRS. E. SPAULDING, Aurora, N. Y., Oct., 1872, says . "This may certify that I have been troubled with **Rheumatism** so severely, that for three months I could not sleep much nights. My hands swelled exceedingly, and my fingers were drawn out of shape. I tried most all the remedies I could hear of, without any particular benefit, until I finally used 'Trask's Magnetic Ointment,' which completely cured me. I used three bottles only."

SQUASH GRIDDLE CAKES.—One pint of flour, nearly a pint of milk, two eggs, one teaspoonful of cream of tartar, half as much soda, four tablespoonfuls of sugar, one teaspoonful of salt, two cupfuls of sifted squash; mix the flour with the other dry ingredients, and rub through a sieve. Beat the eggs well, add them and the milk to the squash, and pour on the flour. Beat till smooth and light. This gives a thin batter. If the cakes are liked thick, a little more flour may be used. Fry as usual.

INDIAN WAFFLES.—Half a cupful of Indian meal, two cupfuls of boiling milk, two eggs, one generous cupful of flour, one tablespoonful of butter, half a teaspoonful of baking powder, half a teaspoonful of salt. Pour the boiling milk on the meal and butter. Beat well and set away to cool. Mix the other dry ingredients with the flour, and sift. Beat the eggs, and add them and the flour to the cold mixture.

BLACK CAKE.—Three cupfuls of butter, one quart of sugar, three pints of flour, half a pint of molasses, half a pint of brandy, half a pint of wine, one teaspoonful of saleratus, one ounce each of all kinds of spices, twelve eggs, three pounds of raisins, two of currants, half a pound of citron. Bake in deep pans, in a moderate oven, between three and four hours. This is one of the best of rich cakes.

SNOW FLAKE CAKE.—Half a cupful of butter, one and a half of sugar, two of pastry flour; one-fourth of a cupful of milk, the whites of five eggs, one teaspoonful of cream of tartar, half a teaspoonful of soda, or a teaspoonful and a half of baking powder, the juice of half a lemon. Beat the butter to a cream. Gradually add the sugar, then the lemon, and when very light, the milk, and whites of the eggs, beaten to a stiff froth; then the flour, in which the soda and cream of tartar are well mixed. Bake in sheets in a moderate oven. When nearly cool, frost.

Frosting: The whites of three eggs, two large cupfuls of powdered sugar, half a grated cocoanut, the juice of half a lemon. Beat the whites to a stiff froth. Add the sugar, gradually, and the lemon and cocoanut. Put a layer of frosting on one sheet of the cake. Place the other sheet on this, and cover with frosting; or, simply frost the top of each sheet, as you would any ordinary cake. Set in a cool place to harden.

SPONGE CAKE.—Ten eggs, two and a half cupfuls of sugar, two and a half of pastry flour, the juice and grated rind of one lemon. Beat the yolks and sugar together until very light. Add the lemon. Beat the whites to a stiff froth. Stir the flour and this froth alternately into the beaten yolks and sugar. Have the batter about three inches deep in the pan. Sprinkle with sugar, and bake three-quarters of an hour in a moderate oven. If the batter is not so deep in the pan it will not take so long to bake.

VIENNOIS CAKES.—Cut any kind of plain cake into small squares. Cut a small piece from the center of each square, and fill the cavity with some kind of marmalade or jelly. Replace the crust part that was removed, and cover with icing. These cakes are nice for dessert.

JELLY ROLL.—Make the sponge cake mixture as for lady-fingers, and bake in one shallow pan twenty minutes. While it is yet warm, cut off the edges, and spread the cake with any kind of jelly. Roll up, and pin a towel around it. Put in a cool place until serving time. Cut in slices with a sharp knife.

DOMINOS.—Have any kind of sponge cake baked in a rather thin sheet. Cut this into small oblong pieces, the shape of a domino. Frost the top and sides of them. When the frosting is hard, draw the black lines and make the dots with a small brush that has been dipped in melted chocolate. These are particularly good for children's parties.

MARKING CAKES IN GOLD.—Bake round cakes for the children, and when the frosting on them is hard, dip a small brush into the yolk of an egg, and write a word or name upon the cake. It pleases the little ones very much.

If you like our "Receipts" you will like our Medicines.



"Dr. Ransom's Hive Syrup and Tolu," in addition to ingredients for ordinary Hive Syrup, contains Balsam of Tolu, Decoction of Skunk Cabbage Root, Lobelia and Hops; a combination that must commend it to everyone as a superior remedy for **Croup, Whooping Cough, Asthma, Bronchitis, Coughs, and Colds;** indeed, for all affections of the Throat and Lungs where a cough medicine is necessary. This Syrup is carefully prepared under the directions of a regular physician of over twenty years' practice, whose signature is attached to the directions on the bottle. Its very pleasant taste makes it an agreeable medicine for children; every person should keep a bottle of Ransom's Hive Syrup and Tolu in the house, not only as a universal Cough Medicine, but a sure and ready remedy for sudden attacks of **Croup** among the children. It is a sure remedy for distressing attacks of **Asthma,** affording relief in a very short time. Full directions, both in English and German, are pasted on each bottle.

Reader, try one bottle of this superb article. Dose for children of one year, ten to twenty drops; from eight to ten years, twenty to forty drops. For sudden Croup attacks, the dose should be repeated every fifteen minutes until it operates as an emetic. For adults, as an expectorant, from one-half to a teaspoonful.

Remember that **Consumption** is caused, in most cases, by neglecting a slight cough.

"Dr. Ransom's Hive Syrup and Tolu" is for sale by dealers in Medicine throughout the country. Small bottles contain four, and large bottles eight ounces by weight. Price 35 and 50 cents.

PRESERVES, PICKLES, FANCIES, ETC.

(For other Receipts, "Canned Fruits," "Marmalades," "Pickles," etc., see previous books. See terms for mailing.)

PRESERVED QUINCES.—Pare and quarter the fruit, and take out all the cores and the hard place around them. Boil the fruit in clear water until tender; then spread it on towels to dry. For one pound of fruit allow half a pound of sugar, and one pint of water for three pounds of sugar. When the syrup is boiling hot, put in the fruit, and let it cook very slowly; or, set it back on the stove so that it hardly cooks at all, and keep it on for an hour or more, if you can without its cooking to pieces—as the longer it cooks, the brighter red color it will be. Put it in jars and strain the syrup over it, as with other fruits.

PRESERVED GRAPES.—Squeeze the pulp of the grapes out of the skins. Cook the pulp (a few minutes) until you can press it all through a sieve. Reject the seeds. Add a little water to the skins, and cook until they are quite tender. Then put the skins and pulp together; measure, and to each pint add a pound of sugar, and boil fifteen minutes.

CIDER APPLE JELLY.—Cut good, ripe apples in quarters, put them in a kettle, and cover them with *sweet* cider, just from the press. (It should, if possible, be used the day it is made—or, at any rate, before it has worked at all.) Boil until well done, and drain through a sieve. Do not press it through. Measure the liquor, and to each pint add one pound of sugar. Boil from twenty minutes to half an hour.

CRAB-APPLE JELLY.—Wash the fruit clean, put in a kettle, cover with water, and boil until thoroughly cooked. Then pour it into a sieve, and let it drain; do not press it through. For each pint of this liquor allow one pound of sugar. Boil from twenty minutes to half an hour.

SPICED CURRANTS.—Make a syrup of three pounds of sugar, one pint of vinegar, two tablespoonfuls of cinnamon, two tablespoonfuls of cloves, and a half teaspoonful of salt. Add six pounds of currants, and boil half an hour.

PICKLED CUCUMBERS.—Six hundred small cucumbers, two quarts of peppers, two quarts of small onions. Make enough brine to cover the pickles, allowing one pint of salt to four quarts of water, and pour it, boiling, over the pickles. Let them stand until the next morning; then pour off the brine, throw it away, make a new one, and scald again. The third morning scald this same brine and pour it over again. The fourth morning rinse the pickles well in cold water, and cover them with boiling vinegar. Add a little piece of alum and two tablespoonfuls each of whole cloves and allspice, tied in a bit of muslin, if you like the spice.

TOMATO KETCHUP.—Twelve ripe tomatoes, peeled; two large onions, four green peppers, chopped fine; two tablespoonfuls of salt, two of brown sugar, two of ginger, one of cinnamon, one of mustard, a nutmeg, grated; four cupfuls of vinegar. Boil all together till thoroughly cooked (about three hours), stirring frequently. Bottle while hot.

PICKLED TOMATOES.—One peck of green tomatoes, a dozen onions, sliced thin; two cupfuls of salt, a small (quarter of a pound) box of mustard, one quarter of a pound of mustard seed, one ounce each of ground allspice, clove, and pepper. Cut the tomatoes in thin slices, sprinkle with the salt, and let them stand two days; then drain them. Mix the spices. Put layers of tomato, onion, and spice in the kettle, and cover with vinegar. Cook slowly until the tomato looks clear—about half an hour.

STUFFED PEPPERS.—Get large bell peppers. Cut around the stem, remove it, and take out all the seeds. Soak well in fresh water over night. For the stuffing use two quarts of chopped cabbage, a cupful of white mustard seed, three tablespoonfuls of celery seed, two tablespoonfuls of salt, half a cupful of grated horse-radish. Fill each pepper with part of this mixture, and into each one put a small onion and a little cucumber. Tie the stem on again, put the peppers in a jar, and cover with cold vinegar.

The Midnight Horror—Croup!

Croup! That vulture of the night which sweeps down upon our little ones sleeping so quietly by our side, and, almost without a moment's warning, bears them from our reach forever—what father, what mother, does not tremble at its name? It chooses the darkness for its ravages, and stealing insidiously upon its victims, suffocates them in our arms almost before their first faint cries for help are heard. We awake—we find our darling vainly struggling for breath; the harsh, rasping cough strikes terror to our quivering nerves—we are confused, we hesitate, we can think of nothing to do, our reason forsakes us, no physician is near, the deadly membrane is fast cutting off the little one's breath, there is a wheezing, sucking sound as he gasps for life, his strength fails—one feeble word, one pleading look—and our darling is dead—within a few minutes from the first dread signal. Parents, we *know* you need never have this experience if you have a bottle of "Ransom's Hive Syrup and Tolu" in the house, and if you use it according to directions.

The croupy cough will loosen, the dangerous membrane that was forming over the windpipe will be cut away, the fever will abate, the strength will return, and in a few moments your child, who was within fifteen minutes of the grave, will be sleeping sweetly by your side. If you have "Trask's Magnetic Ointment," rub it warm on the throat and chest and wrap well with warm flannel. This will make the breathing freer and hasten the cure. But do not get careless, thinking the danger all over. Next day watch the child carefully, keep it out of draughts,—in bed if necessary. Keep the Ointment on, mix a teaspoonful of the Syrup with ten of water, and give a teaspoonful of the mixture every hour until bed-time. Continue this treatment until well. Should child become worse at night, follow directions on bottle again.

RECEIPTS FOR INVALIDS.

INDIAN-MEAL GRUEL.—1 tablespoonful of fine Indian or oat-meal, mixed smooth with cold water and a salt spoon of salt; pour upon this a pint of boiling water and turn into a saucepan to boil gently for half an hour; thin it with boiling water if it thickens too much, and stir frequently; when it is done, a tablespoonful of cream or a little new milk may be put in to cool it after straining, but if the patient's stomach is weak it is best without either. Some persons like it sweetened and a little nutmeg added, but to many it is more palatable plain.

MILK PORRIDGE.—2 cups best oat-meal, 2 cups water, 2 cups milk. Soak the oat-meal over night in the water; strain in the morning, and boil the water half an hour. Put in the milk with a little salt, boil up well and serve. Eat warm, with or without powdered sugar.

THICKENED MILK.—With a little milk, mix smooth a tablespoonful of flour and a pinch of salt. Pour upon it a quart of boiling milk, and when it is thoroughly amalgamated put all back into the saucepan, and boil up once, being careful not to burn, and stirring all the time, to keep it perfectly smooth and free from lumps. Serve with slices of dry toast. It is excellent in diarrhœa, and becomes a specific by scorching the flour before mixing with the milk.

TO KEEP THE BLOOD PURE, AND IN ACTIVE CIRCULATION.—Use "King of the Blood" according to directions. It is good for all scrofulous diseases, spring disorders, biliousness, and is an excellent tonic. See page 20.

SOFT TOAST.—Some invalids like this very much indeed, and nearly all do when it is nicely made. Toast well, but not too brown, a couple of thin slices of bread; put them on a warm plate and pour over *boiling* water; cover quickly with another plate of the same size, and drain the water off; remove the upper plate, butter the toast, put it in the oven one minute, and then cover again with a hot plate and serve at once.

SOFT BOILED EGGS.—Fresh eggs for invalids, who like them cooked soft, should be put in a pan of *boiling* water, and set on a part of the range where they will not boil for several minutes. At the end of that time they will be like jelly, perfectly soft, but beautifully done, and quite digestible by even weak stomachs.

BEEF TEA FOR THE SICK.—1 pound lean beef, cut into small pieces. Put into jar without a drop of water; cover tightly, set in a pot of cold water. Heat gradually to a boil, and continue this steadily for three or four hours, until the meat is like white rags, and the juice all drawn out. Season with salt to taste, and when cold, skim. The patient will often prefer this ice-cold to hot.

MUTTON OR CHICKEN BROTH.—1 lb. lean mutton or chicken, cut small, 1 quart water, cold, 1 tablespoonful rice, or barley, soaked in a very little warm water, 4 tablespoonfuls milk, salt and pepper, with a little chopped parsley. Boil the meat, unsalted in the water, keeping it closely covered, until it falls to pieces. Strain it out, add the soaked barley or rice; simmer half an hour, stirring often; stir in the seasoning and the milk, and simmer five minutes after it heats up well, taking care it does not burn. Serve hot, with cream crackers.

CHICKEN JELLY.—Half a raw chicken, pounded with a mallet, bones and meat together, plenty of cold water to cover it well, *about* a quart. Heat slowly in a covered vessel, and let it simmer until the meat is in white rags and the liquid reduced one-half. Strain and press, first through a colander, then through a coarse cloth. Salt to taste, and pepper if you think best; return to the fire, and simmer five minutes longer. Skim when cool. Give to the patient cold—just from the ice—with unleavened wafers. Keep on the ice. You can make into sandwiches by putting the jelly between thin slices of bread spread lightly with butter

How to Break Up a Bad Cold.

Bathe your feet in hot water just before going to bed. Take one or two teaspoonfuls of Dr. Ransom's Hive Syrup and Tolu to prevent and cure the cough. Then take a good hot dose of Miller's Magnetic Balm, mentioned on page 26, according to directions on bottle, to warm you up and make you sweat.

If you have any soreness of chest, lungs or joints, apply Trask's Magnetic Ointment. Jump into bed, wrap up warm, and you will be all right in the morning.

Throat and Lungs.

At the season of the year when Coughs and Colds are troublesome, every family should have a safe and certain remedy at hand. Dr. Ransom's Hive Syrup and Tolu, or Honey Syrup, is the very thing. It is not only pleasant for children to take, but is a certain cure for Croup, Whooping Cough, Bronchitis, Asthma, Coughs, and all affections of the Throat and Lungs.

Why People Have Consumption.

Frequently because they neglect a slight Cough. It is not necessary to consult a physician, but take Dr. Ransom's Hive Syrup and Tolu, or Honey Syrup, and cure your Cough at once. This is an excellent prescription of an eminent physician, and adapted to all Coughs and Colds.

W. A. Silsbury, Coopersville, Mich., Feb. 2, 1882, says: "We have used thirty-eight bottles of your Hive Syrup and Tolu in our family for Croup, Coughs, and Colds, and find it one of the best medicines in the world. We feel safe in Croup when the bottle of Hive Syrup is at hand."

BOILED RICE.—½ cup whole rice, boiled in just enough water to cover it, 1 cup of milk, a little salt, 1 egg, beaten light. When the rice is nearly done, turn off the water, add the milk and simmer, taking care it does not scorch, until the milk boils up well. Salt, and beat in the egg. Eat warm with cream, sugar, and nutmeg.

A REMEDY FOR SCROFULA.—No other remedy has accomplished such remarkable results as "King of the Blood." Use according to directions. See page 20.

PANADA.—6 Boston crackers, split, 2 tablespoonfuls white sugar, a good pinch of salt, and a little nutmeg, enough *boiling* water to cover them well. Split the crackers, and pile in a bowl in layers, salt and sugar scattered among them. Cover with boiling water and set on the hearth, with a close top over the bowl, for at least one hour. The crackers should be almost clear and soft as jelly, but not broken. Eat from the bowl, with more sugar sprinkled in if you wish it. If properly made, this panada is very nice.

CUP PUDDING.—1 tablespoonful of flour, 1 egg; mix with cold milk and a pinch of salt to a batter. Boil fifteen minutes in a buttered cup. Eat with sauce, fruit, or plain sugar.

APPLE PIE—Slice up one or more nice, tart apples in a saucer, sweeten with white sugar, and cover with a moderately thick slice of bread buttered slightly on the under side. When the bread is browned, the apples, if of a tender kind, and thinly sliced, will be done.

FOR MOST CHRONIC DISORDERS, Try "King of the Blood." See page 20.

APPLE WATER.—1 large juicy pippin, the most finely flavored you can get, 3 cups of cold water—1 quart if the apple is very large. Pare and quarter the apple, but do not core it. Put it on the fire in a tin or porcelain saucepan with the water, and boil, closely covered, until the apple stews to pieces. Strain the liquor *at once*, pressing the apple hard in the cloth. Strain this again through a finer bag, and set away to cool. Sweeten with white sugar, and ice for drinking.

TO CURE "THE BLUES."—Purify the blood by using "King of the Blood," which removes the accumulations in the liver and other vital parts, restores the circulation, and makes an active man out of a lazy one.

BEEF STEAK AND MUTTON CHOPS.—Choose the tenderest cuts and broil over a clear hot fire with your wisest skill. Let the steak be rare, the chops well done. Salt and pepper; lay between two *hot* plates three minutes, and serve to your patient. If he is very weak, do not let him swallow anything except the juice, when he has chewed the meat well. The essence of rare beef, roasted or broiled, thus expressed, is considered by some physicians to be more strengthening than beef tea prepared in the usual manner.

PORTEREE.—1 pint bottle best porter, 2 glasses pale sherry, 1 lemon *peeled* and sliced, ½ pint ice-water, 6 or 8 lumps loaf sugar, ½ grated nutmeg, pounded ice. This mixture has been used satisfactorily by invalids, for whom the pure porter was too heavy, causing biliousness and heartburn.

TO PREVENT CONSUMPTION.—If you have a cough, use "Ransom's Hive Syrup and Tolu."—and for the general debility of the system use that excellent tonic and blood purifier, "King of the Blood."

CALVES-FOOT JELLY.—Boil 4 nicely cleaned calves feet in 3 quarts of water, until reduced to 1, very slowly; strain and set away until cold, then take off the fat from the top and remove the jelly into a stew-pan, avoiding the settlings, and adding ½ a pound of white powdered sugar, the juice of 2 lemons, and the whites of 2 eggs, the latter to make it transparent. Boil all together a few moments and set away in bowls or glasses; it is excellent in a sick room.

K.  B.

KING OF THE BLOOD.

The most thorough Purifier of the Blood yet discovered.

CURES ALL HUMORS

From a common Eruption to the worst Scrofula.

By its use **Cancers** are often cured, and **Cancerous Tumors** are frequently dispersed, without the surgeon's knife. **Scrofula** is conquered, **Consumption** prevented and in some cases actually cured.

Mercurial Diseases, Venereal Taint, Mineral Poisons and their effects eradicated, and vigorous health and a sound constitution established.

Female Weakness and disease; **Dropsy,** general or partial; **Swellings,** external or internal, and **Tumors** are reduced and dispersed in a very short time.

Erysipelas, Salt Rheum, Scald Head, and **Fever Sores** are soon removed by this powerful detergent medicine.

Scorbutic Diseases, Dandruff, Scaly or **Rough Skin** and **Pimples** quickly give way, leaving the skin smooth and fair.

Kidney Diseases, Fever and Ague, Disordered Liver, Dyspepsia, Rheumatism, Nervous Affections, General Debility, Chronic Diseases, in short, all the numerous diseases caused by bad blood, are conquered and give way before this most powerful corrector—the KING OF THE BLOOD.

In addition to other valuable ingredients, the "King of the Blood" contains the medicinal virtues of three well known flowering weeds or shrubs that are found in our swamps, that are not only perfectly harmless, but are the most thorough purifiers of the blood ever discovered. This medicine is worthy of a fair trial, and should be taken and used as directed until a complete cure is established. Each bottle contains between forty and fifty ordinary doses, costing only one dollar; and if every afflicted person should use five, or even ten bottles, the expense would be light in comparison to the benefit he would derive from its use.

IT CURES EVERY KIND OF HUMOR.

A Treatise on Diseases of the Blood

and their proper treatment, containing directions for using this medicine, together with testimonials too numerous to insert here, accompanies each bottle. Price, $1 per bottle, or six bottles for $5.

Sold by all Druggists. The **Treatise** will be mailed free to any address.

D. RANSOM, SON & CO., Proprietors,

(20) **BUFFALO, N. Y.**

DINNER BILLS OF FARE.

Selected from Receipts in this book.

Duchess Soup.

Baked Beefsteak. Potatoes a la Parisienne.

Lobster Croquettes. Salad of Beets.

Open Apple Custard Tarts.

Nuts and Raisins.

Green Pea Soup.

Chicken Pie. Mashed Potatoes.

Stewed Tomatoes. Salad of String Beans.

Green Apple Pie.

Fruit.

Cream of Rice Soup.

Brunswick Stew. Baked Potatoes.

Baked Onions. Potato Salad.

Delicate Indian Pudding.

Crackers and Cheese.

Meats and their Accompaniments.

With roast beef, grated horse-radish.
Roast pork, apple sauce.
Roast veal, tomato or mushroom sauce.
Roast mutton, currant jelly.
Boiled mutton, caper sauce.
Boiled chicken, bread sauce.
Roast lamb, mint sauce.
Roast turkey, cranberry sauce.
Boiled turkey, oyster sauce.
Venison or wild ducks, black currant jelly.
Broiled fresh mackerel, sauce of stewed gooseberries.
Boiled bluefish, white "cream" sauce.
Broiled shad, boiled rice and salad.
Compote of pigeons, mushroom sauce.
Fresh salmon, green peas, "cream" sauce.
Roast goose, apple sauce.

SCROFULA.

Scrofula appears in a great variety of forms and grades of violence; varying from the slightest habitual deviation from health, to the most distressing and fatal, local and general disease.

IS SCROFULA HEREDITARY?—The belief is almost universal that this class of diseases is hereditary, and that it is confined to an unhappy few, who transmit it from father to son. It is hereditary precisely as the complexion, color of the hair, and temperaments are, and in no other way. Scrofula and diseases of the blood are caused by acrid and irritating secretions; as a consequence the Lymphatic vessels take on a morbid or unhealthy action, which increases the trouble. Now there is no doubt but that the Lymphatic system is liable to as much constitutional variation in structure as the temperament that produces certain complexions, color of the hair, eyes, etc. And as it is said that persons of smooth, soft, fine skin, fair hair, blue eyes, rosy cheeks, thick upper lips, etc., are most predisposed to Scrofula and Consumption, it simply follows that persons of this description also have a peculiar construction of the Lymphatic system, possessing a greater aptitude to take on certain morbid impressions; in a word, more sensitive to those causes that produce Scrofulous affections. The bugbear of taint in the blood should be dismissed, and all should be assured that by careful attention to the laws of health, and particularly to those governing the Lymphatic system and the fluids of the body, Scrofula will never appear in any form.

CAUSES OF SCROFULA.—Unwholesome food, want of exercise in the open air, damp and foul air, crowded tenements, shops and factories, want of suitable clothing, are the principal external causes of Scrofulous diseases.

TREATMENT OF SCROFULA.—1st. The external or exciting causes should all be removed; good, wholesome food, pure air, cheerful employment, suitable clothing, etc., should be provided. It is best to wear flannel next to the skin, as it equalizes the temperature, at the same time it absorbs the viscid perspiration, and prevents its being taken up by the Lymphatics and carried into the system. Eat fat meats of all kinds; it is a mistaken notion that fat should be avoided by Scrofulous persons. Don't everybody know that Cod Liver Oil is one of the best remedies for Scrofulous diseases? That is simply because it is oil or fat. 2d. The proximate cause of all Scrofulous diseases being the same, viz: bad, unhealthy secretions, it follows that the indications of cure are the same, namely, changing the character of the secretions, removing the acrimony and restoring the Lymphatic system to healthy action. The **King of the Blood**, of all others, is the medicine to be relied upon to effect this object. The history given of Scrofula covers that of all diseases that are produced by a Scrofulous habit or constitution. See remarks on **Consumption** in other parts of this book also remarks concerning other diseases derived from Scrofula in our "Treatise on Diseases of the Blood," accompanying each bottle of the medicine. Many certificates of the KING OF THE BLOOD, which we are unable to insert here, will be also found in the Treatise. (22)

Use Trask's Magnetic Ointment in connection with the K. B. for skin diseases.

Miscellaneous Receipts.

TO PREVENT LOGS AND PLANKS FROM SPLITTING.—Logs and planks split at the ends because the exposed surface dries faster than the inside. Saturate muriatic acid with lime, and apply like whitewash to the ends. The chloride of calcium formed attracts moisture from the air, and prevents the splitting.

TO REMOVE TAN.—Tan may be removed from the face by mixing magnesia in soft water to the consistency of paste, which should then be spread on the face and allowed to remain a minute or two. Then wash off with castile-soap suds, and rinse with soft water.

TO PROTECT NEWLY PLANTED CORN.—To prevent the corn being destroyed or eaten by chickens, birds, or insects, before it grows through the surface of the soil, prepare the seed before planting by sprinkling a sufficient portion of coal tar, procured at the gas manufactory, through it, stirring so that a portion will adhere to each grain; then mix among the corn some ground plaster-of-Paris, which will prevent the tar from sticking to the fingers of those who drop the corn, and vegetation will be promoted thereby. The tar and plaster will not injure the corn so as to prevent its growing, by being kept some days after it is so mixed together.

TO PROTECT CORN STALKS FROM MICE.—Sprinkle from four to six bushels of dry white sand upon the roof of the stack before the thatch is put on. The sand is no detriment to the corn, and stacks thus dressed have remained without injury. So very effective is the remedy, that nests of dead young mice have been found where the sand has been used, but not a live mouse could be seen.

TO CURE "THE BLUES," DYSPEPSIA AND LIVER COMPLAINT.—Use "King of the Blood." See other pages.

TO STARCH SHIRT BOSOMS AND COLLARS.—Pour a pint of boiling water upon two ounces of gum arabic, cover it and let it stand over night. A tablespoonful of this gum arabic water, stirred into a pint of starch made in the usual manner, will give to lawns, either white or printed, a look of newness when nothing else can restore them. To every pint of starch add piece of spermaceti candle the size of a chestnut.

TO CURE INFLAMMATION OF THE BOWELS, LUNGS AND THROAT—Use "Trask's Magnetic Ointment" according to directions.

TO CLEAN BRASS ORNAMENTS.—Brass ornaments, that have not been gilt or lacquered, may be cleaned, and a very brilliant color given to them, by washing them with alum boiled in strong lye, in the proportion of an ounce to a pint, and afterward rubbing them with a strong tripoli.

TO TAKE INK OUT OF BOARDS.—Strong muriatic acid, or spirits of salts, applied with a piece of cloth; afterward well washed.

TO SEPARATE HONEY FROM WAX.—Put honeycomb and all in a tin pan upon a moderately warm stove, adding a tablespoonful of water to each pound of honey. Stir occasionally with a piece of wire until the contents of the pan are in a liquid condition. Do no allow boiling to begin. Remove the pan from the fire, and set it aside to cool. The cake of wax, to which all impurities will adhere, may then be carefully lifted off with a knife.

TO RESTORE THE HAIR AND PREVENT ITS FALLING OUT.—Use "Trask's Magnetic Ointment."

TO ESTIMATE GRAIN CROPS PER ACRE.—Frame together four light sticks, measuring exactly a foot square inside, and with this in one hand, walk into the field and select a spot of fair average yield, and lower the frame square over as many heads as it will inclose, and shell out the heads thus inclosed carefully, and weigh the grain. It is fair to presume that the proportion will be the 43560th part of an acre's produce. To prove it go through the field and make ten or twenty similar calculations, and estimate by the mean of the whole number of results. It will certainly enable a farmer to make a closer calculation of what a field will produce than he can by guessing.

IN THE SPRING AND FALL.

As a remedy in the spring and fall of the year, to carry off the accumulation of thick bile from the Liver, and viscid secretions from the other glands of the system, the "King of the Blood" is invaluable. One or two bottles will arouse all the functions of the body to healthy action, restore the appetite, clear the brain, and carry off those symptoms of languor and heaviness everybody feels, more or less, when temperature changes.

LIVER COMPLAINT AND BILIOUSNESS.—It is not necessary here to give in detail the various symptoms that indicate Biliousness, or general affections of the Liver. Everyone who has ever experienced these diseases knows what is the matter without any physician to tell him; but it very rarely happens that the person can tell what will help or cure him. "The King of the Blood," if kept at hand, will always dispel these disagreeable feelings, and comfort, activity, and cheerfulness will take the place of pain, lassitude, and despondency.

PIMPLES, SALT RHEUM, ERUPTIONS, SCALD HEAD, ETC.—Give the medicine regularly, and apply at night, to the parts affected, the "King of the Blood" and "Magnetic Ointment," alternately.

RHEUMATISM.—Results frequently from impurity of the blood. The "King," accompanied with the "Magnetic Ointment," will certainly cure it.

ENLARGED GLANDS, GOITRE, WENS, TUMORS, ETC., are reduced and driven away by the use of this medicine. It should be taken internally at the same time applied externally, alternating with the "Magnetic Ointment."

CONSUMPTION is caused by tuberculous matter being formed in the lungs from impure blood. The "King of the Blood" should be taken internally in connection with the external application of "Dr. Trask's Magnetic Ointment." See more extended remarks on "Consumption" on another page.

DYSPEPSIA is always attended with a disordered Lymphatic system and bad secretions, and no remedy is better adapted to its cure than the "King of the Blood." Take according to general directions, to be found on the bottle.

KIDNEY DISEASE AND DROPSY in all their forms will be speedily cured by this medicine, if there is enough life left in the absorbent system. The Lymphatic system is the direct cause of the trouble in these diseases. The "King of the Blood" will arouse it to action.

FEVER AND AGUE.—After cleansing the bowels by a good, brisk cathartic, give a tablespoonful of the "King of the Blood" at the beginning or the sweating stage; afterwards give two teaspoonfuls every six hours between the fits, giving a tablespoonful at beginning of sweating stage after each fit.

CATARRH.—In all cases of Chronic Catarrh, the "King of the Blood" will be found a reliable remedy. Operating on the glandular system, its effect is to restore the mucous follicles and glands of the nasal membrane (which are thickened and diseased), to health. It should not only be taken regularly, but should be snuffed once or twice a day. For snuffing, reduce by adding soft water until it produces little or no irritation on using.

FEMALE WEAKNESS, WHITES, ETC.—If caused by a scrofulous constitution, are always attended with a want of good, healthy blood, and consequently the "King of the Blood" is the remedy. For Whites, put some of the medicine into a separate bottle, and add about three times the quantity of soft water (graduate the strength as it can be borne), and use once a day with a female syringe. Also take the medicine regularly. It will certainly cure.

If you want the best receipts to be had send for back numbers of the Receipt Book. See about "Postage."

RULES, TABLE OF WEIGHTS, Etc.

TO DETERMINE THE WEIGHT OF LIVE CATTLE.—Measure in inches girth around breast just behind shoulder blade, and the length of back from tail to fore part of shoulder blade. Multiply girth by length and divide by 144. If girth is less than three feet, multiply quotient by 11; if between three and five, by 16; between five and seven, by 23; between seven and nine, by 31. If animal is lean, deduct one-twentieth from result; or, take girth and length in feet, multiply square of girth by length, and multiply product by 3.36. Live weight multiplied by .005 gives net weight —nearly.

INTEREST.—SHORT METHOD: Multiply amount by number of days (counting 30 days to each month)—for interest in cents at 6 per cent. divide by 60; for 7 per cent. increase this result by ⅙; for 8 per cent. divide first result by 45; 9 per cent., by 40; 10 per cent., by 36; 12 per cent., by 30; ANOTHER METHOD: Reduce years to months, add in months, if any, to ⅓ of the days, and set to right of months in decimal form; multiply result by ½ principal, and you have interest at 6 per cent. in cents. For 7 per cent. increase this by ⅙; for 8, by ⅓; for 9, by ½; for 10, by ⅔; for 12, double it, etc.

WEIGHT OF BUSHELS OF VARIOUS ARTICLES.—Wheat, beans, potatoes, clover seed, 60 pounds; corn, rye, flaxseed, onions, 56; corn on cob, 70; buckwheat, 52; barley, 48; hemp seed, 44; timothy seed, 45; castor beans, 46; oats, 35; bran, 20; blue grass seed, 14. A barrel of potatoes contains 2¼ bushels as sold in New York; one barrel of flour, 196 pounds; pork and beef, 200 pounds.

CAPACITY OF BOXES—A box 4 feet 7 inches long, 2 feet 4 inches wide, 2 feet 4 inches deep, holds 20 bushels; a box 24 in. x 16 in. x 28 in., 5 bushels; box, inches, 24x11.2x8, 1 bushel; box, inches, 12x11.2x8, ½ bushel; box, inches, 8x8.4x8, 1 peck; box, inches, 8x8x4.2, 1 gallon; box, inches, 4x4x4.2, 1 quart. A cylinder 18½ inches inside diameter, 8 inches deep, contains U. S. standard bushel. Any box containing the same number of cubic inches will hold same quantity as above sizes. To obtain a box holding any portion or multiple of above quantities, divide or multiply any one dimension of the box accordingly.

TO MEASURE CORN IN THE CRIB.—Two cubic feet of sound, dry corn in the ear will make a bushel of shelled corn. To get quantity of shelled corn in a crib of corn in the ear, measure length, breadth, and height of corn crib, inside the rail; multiply first by second and product by third; divide result by two—giving bushels of shelled corn. Corn shrinks much in winter and spring and settles down.

TO MEASURE LAND.—A "regular" piece of land is one having four sides, the two opposite sides always being equal to each other. If the land to be measured is not "regular," mark it off into divisions that shall be as nearly regular as possible. Then to find the number of acres or parts of an acre in each piece of land, multiply the length by the breadth.

If you measure by rods, divide the product by 160; if by yards divide by 4840; if by feet divide by 43560. 9 square feet make 1 square yard; 30¼ square yards or 272¼ square feet make 1 square rod; 160 square rods, or 4840 square yards, or 43560 square feet make 1 acre. 640 square acres make 1 square mile.

The side of a square containing 1 acre measures 208.71 feet, or 12.65 rods, or 64 paces; ½ acre, 147.58 feet, or 8.94 rods, or 45 paces; ⅓ acre 120.50 feet, or 7.30 rods, or 37 paces; ¼ acre, 104.38 feet, or 6.32 rods, or 32 paces; ⅛ acre, 73.79 feet, or 4.47 rods, or 22½ paces.

TO MEASURE HAY IN THE MOW.—Multiply feet in height by feet in width, and that product by feet in length. Divide by 512, and the answer will be in tons or parts of tons. Some allowance should be made for condition of hay. The above is for dry, compact, but not pressed hay. This may be relied on as an *approximate* mode.

If you like our "Receipts," you will like our Medicines.

DR. J. R. MILLER'S

UNIVERSAL

MAGNETIC BALM.

This medicine may with propriety be called a "Universal remedy," as it is fast superseding all others as a family medicine. It cures, as if by MAGNETIC INFLUENCE, **Neuralgia** and **all pain,** and is therefore very properly termed "Magnetic Balm." It is purely a vegetable preparation. It has no equal as a remedy for **Cholera, Cholera Morbus, Diarrhœa, Dysentery, Colic, and all Bowel Complaints.** Its timely use will cure **Colds, Quinsy,** and all throat affections attended with pain.

When properly used, **Fever and Ague,** and other complaints incident to our western and southern climates, are easily broken up.

Nervous Pain and Sick Headache are cured by this medicine when all others have failed. **Toothache, Earache,** and all **internal pains,** are relieved at once by its use.

The great value and usefulness of this medicine has caused it to suffer more from base imitations and counterfeits, than any other medicine.

The genuine has Dr. J. R. Miller's "Magnetic Balm" blown in the bottle.

Read certificates voluntarily sent, in regard to this excellent medicine, in pamphlet around bottle.

Colic or Bellyache.—"Miller's Balm" will instantly relieve and cure. We have given it in hundreds of cases with never-failing success. It never misses. We will give a liberal reward for any case it fails to cure.

PAINTING, Etc.

HOUSE PAINTING.—This should be done early in winter or spring, when it is cold and no dust flying. To mix paint for different coats:—Outside, 1st, 2d and 3d coats, mix the lead to proper consistency with boiled oil, allowing time between to dry hard. Inside—1st coat, mix lead and paint in mixture one-half boiled oil, one-half turpentine. 2d, one-fourth oil, three-fourths turpentine. 3d, mostly turpentine with a little oil to hold color. No dryer required. Inside paint must have light.

BEST PAINTERS' SIZE.—Heat raw oil in a pan till it emits a black smoke; set it on fire, and, after burning a few minutes, cover the pan over to put out the blaze; pour the oil while warm into a bottle in which some pulverized red lead and litharge have been introduced. Stand the bottle in a warm place for two weeks, shaking often. It will then be ready to decant and bottle.

BLACK AND GREEN PAINT.—DURABLE AND CHEAP.—BLACK—grind powdered charcoal in linseed oil with sufficient litharge as dryer; thin for use with well-boiled linseed oil. GREEN—add yellow ochre to above and an excellent green is obtained, preferable to the bright green, for garden work, as it will not fade.

RED WASH FOR BRICKS.—To remove the green that gathers on bricks, pour over them boiling water in which any vegetables, not greasy, have been boiled. Repeat for a few days, and green will disappear. For the red wash melt 1 ounce of glue in 1 gallon water; while hot add alum size of egg, ½ pound Venetian red, 1 pound Spanish brown. Try it; if too light, add more red and brown. If too dark, water.

COMMON OIL VARNISH.—3 pounds resin, ½ gallon drying oil; melt together and add, when removed from fire, two quarts warm oil of turpentine.

MILK PAINT.—FOR BARNS, ANY COLOR.—Mix water lime with skim-milk to proper consistency to apply with brush, and it is ready for use. It will adhere well to wood, smooth or rough, to brick, mortar, or stone, where oil has not been used, and forms a very hard substance, as durable as the best oil paint. Any color may be had by using colors dissolved in whisky.

WHITE-WASH.—VERY NICE FOR ROOMS.—Whiting, 4 pounds, common glue, 2 ounces; stand glue in cold water over night; mix whiting with cold water, heat glue till dissolved, and pour it hot into the former. Make of consistency to apply with common white-wash brush.

TO PAINT AN OLD HOUSE.—Take 3 gallons water and 1 pint flaxseed; boil half an hour; take it off and add water enough to make four gallons; let it stand to settle; pour off the water in a pail, and put in enough of Spanish white to make it as thick as white-wash; then add ½ pint linseed oil; stir it well and apply with a brush. If the whiting does not mix readily, add more water. Flaxseed having the nature of oil is better than glue, and will not wash off as readily.

TO KILL KNOTS BEFORE PAINTING.—A mixture of glue size and red lead, or shellac dissolved in alcohol and mixed with red lead, or, gutta-percha dissolved in ether, will, either of them, make a good coating for knots, but will not stand the sunshine, which will draw the pitch through the paint. The best method is to cover the knot with oil size, and lay a leaf of silver over it.

TO KILL GREASE SPOTS BEFORE PAINTING.—Wash over smoky or greasy parts with saltpetre, or very thin lime white-wash. If soapsuds are used, they must be washed off thoroughly, as they prevent the paint from drying hard.

"Painter's Colic" is cured by: "Miller's Magnetic Balm."

NEURALGIA.

Men, whether prosperous or not, are constantly fretting and worrying over their business; women, even in the happiest circumstances, are irritated by their household cares,—all because the *nerves* will not submit to a perpetual strain of any one kind. Hence, by the above slight signals, they call for a pause, or at least a "change." Too often they are not heeded, and then upon the appearance of the slightest physical weakness, such as a cold, late hours, an indigestible meal, overexertion, etc., etc., they rebel outright, and Neuralgia, Nervous and Sick Headache, Backache, Faceache, Toothache, and other well-settled nervous disorders set in.

If the person be also weakened by long-continued anxiety, grief, disappointment, losses in business, etc., etc., the nervous disorder may assume several of these types at once, and threaten long duration. In multitudes of such cases Dr. Miller's Magnetic Balm has proven such a remedy as to be known among its users as "The Old Reliable," "Swift-and-sure," etc. The sufferer need try but once to be convinced. Bathe the painful parts well with the Balm, and also take it according to directions accompanying the bottle. It cures Diarrhœa, Colic, etc., as if my magic.

PAINFUL MENSTRUATION.—The "Balm" is infallible in such cases. We have a multitude of letters from ladies in all parts of the country, whose relief from suffering they say is due to this medicine alone, and who hasten to express their gratitude.

We cannot publish these letters, as the delicacy of the subject forbids our giving the names of the authors, but an expression from one is the voice of all. "I am no longer miserable from one end of the month to the other—first in dread, next in excruciating pain. The 'Balm' has changed everything. It so soothes and warms the whole system that both pains and chills also are banished. One trial will convince any woman." See directions for using on pamphlet around bottle.

To break up a cold, see page 18.

DYEING.

GENERAL REMARKS.

Everything should be clean. The goods should be scoured in soap and the soap rinsed out. They are often steeped in soap lye over night. Dip them into water just before putting them into preparations, to prevent spotting. Soft water should be used, *sufficient to cover the goods* well—*this is always understood where quantity is not mentioned.* When goods are dyed, air, rinse well, and hang up to dry. Do not wring silk or merino dresses when scouring or dyeing them. If cotton goods are to be dyed a light color, they should first be bleached.

SILKS.

BLACK.—Make a weak dye as for black on woolens; work goods in bichromate of potash a little below boiling heat, then dip in the log-wood in same way; if colored in blue vitriol dye, use about same heat.

ORANGE.—For one pound goods—annotto, one pound; soda, one pound; repeat as desired.

GREEN.—VERY HANDSOME.—For one pound goods—yellow oak bark, eight ounces; boil one-half hour; turn off liquor from bark and add alum, six ounces; let stand until cold, while making this, color goods in blue dye-tub a light blue; dry and wash; dip in alum and bark dye. If it does not take well, warm the dye a little.

PURPLE.—For one pound goods. First obtain a light blue, by dipping in home-made dye-tub; then dry; dip in alum, four ounces, with water to cover, when little warm. If color is not full enough add chemic.

YELLOW.—For one pound goods—alum, three ounces; sugar of lead, three-fourths ounce; immerse goods in solution over night; take out; drain, and make a new dye with fustic, one pound; dip until required color is obtained.

CRIMSON.—For one pound goods—alum, three ounces; dip at hand heat one hour; take out and drain while making new dye by boiling ten minutes, cochineal, three ounces, bruised nut-galls, two ounces, and cream-tartar, one-fourth ounce, in one pail of water; when little cool, begin to dip, raising heat to boil; dip one hour; wash and dry.

SKY BLUE ON SILK OR COTTON.—VERY BEAUTIFUL.—Give goods as much color from a solution of blue vitriol, two ounces, to water, one gallon, as it will take up in dipping fifteen minutes, then run it through lime water. This will make a beautiful and durable sky blue.

BROWN ON SILK OR COTTON.—VERY BEAUTIFUL.—After obtaining a blue color as above, run goods through a solution of prussiate of potash, one ounce, to water, one gallon.

LIGHT BLUE.—For cold water, one gallon, dissolve alum, one-half tablespoon, in hot water, one teacup, and add to it, then add chemic, one teaspoon at a time to obtain the desired color—the more chemic, darker the color.

Any kind of Colic is cured with "Miller's Balm."

PURPLE.—For each pound goods, two ounces cudbear: rinse good well in soap suds then dissolve cudbear in hot suds—not quite boiling—and soak the goods until of required color. The color is brightened by rinsing in alum water.

YELLOW.—RICH.—Work five pounds goods one-half hour in a boiling bath with three ounces bichromate of potassa and two ounces alum lift and expose till well cooled and drained, then work one-half hour in another bath with five pounds fustic. Wash out and dry.

CRIMSON.—Work for one hour in a bath with one pound cochineal paste; six ounces dry cochineal; one pound tartar; one pint proto chloride of tin. Wash out and dry.

SALMON.—For each pound goods, one-fourth pound annotto; one fourth pound soap; rinse goods in warm water, put them into mixtur and boil one-half hour. Shade will be according to amount of annotto.

DOVE AND SLATE COLORS OF ALL SHADES.—Boil in iron vessel a teacup of black tea with teaspoon of copperas, and sufficient water Dilute till you get the shade wanted.

COTTON GOODS.

BLACK.—For five pounds goods, boil them in a decoction of thre pounds sumach one-half hour, and steep twelve hours; dip in lim water one-half hour; take out and let them drip one hour; run them through the lime water again fifteen minutes. Make a new dye with two and one half pounds logwood (boiled one hour), and dip again three hours; add bichromate potash, two ounces, to the logwood dye and dip one hour Wash in clear cold water and dry in shade. Only process for permanent black.

SKY BLUE.—For three pounds goods, blue vitriol, four ounces; boil few minutes, then dip goods three hours; then pass them through strong lime water. *A beautiful* BROWN can be obtained by next putting goods through a solution of prussiate of potash.

GREEN.—Dip goods in home-made blue; dye until blue enough is obtained to make the green as dark as required; take out, dry and rinse a little. Make a dye with fustic, three pounds, logwood, three ounces to each pound goods, by boiling dye one hour; when cooled so as to bear hand, put in goods, move briskly few minutes, and let lie one hour; take out and thoroughly drain; dissolve and add to the dye for each pound of cotton, blue vitriol, one half ounce, and dip another hour. Wring out and let dry in the shade. By adding or diminishing the logwood and fustic, any shade may be had.

YELLOW.—For five pounds of goods, seven ounces sugar of lead; dip goods two hours; make a new dye with bichromate of potash, four ounces: dip until color suits; wring out and dry. If not yellow enough repeat.

ORANGE.—For five pounds goods, sugar of lead, four ounces; boil few minutes; when a little cool, put in goods; dip two hours; wring out make a new dye with bichromate potash, eight ounces; madder, two ounces dip until it suits; if color is too red, take small sample and dip into lime water and choose between them.

RED.—Muriate of tin, two-thirds teacup; add water to cover goods raise to boiling heat; put in goods one hour; stir often; take out empty kettle, put in clean water with nicwood, one pound; steep one-half hour at hand heat; then put in goods and increase heat one hour—not boiling. Air goods and dip one hour as before. Wash without soap.

Three back numbers of this book for 6 cents in stamps; six for 12 cents.

INDEX TO RECEIPTS OF DIFFERENT YEARS.

WB 100 1881-1886 RZ

1883.

SOUPS, MEATS, SIDE DISHES, ETC.
Sevigne Soup.
Green Corn Soup.
Broiled Potatoes.
Potato Duchesse.
Cucumber Salad.
Cabbage Salad.
Chicken, a la Creme.
Chicken Fritters.
Chicken Salad and Dress'g
Chicken Hash.
Fried Apples and Bacon.
Beefsteak Pie.
Mutton Cutlets, Tomato Sauce.
Fish a la Turbot.
Veal Loaf
Scalloped Tomatoes.
Turkish Pilau.

PIES, PUDDINGS, ETC.
Cream Pie.
Lemon Pie.
Lemon Cream Pie.
Dried Apple Pie.
Rhubarb Pie, Rice Pie.
Suet Pudding.
Rich Lemon Rice Pud'ng
Huntington Pudding.
Graham Pudding.
Delmonico Pudding.
Snow Pudding.
Charlotte Russe Pudding.
Cake Pudding.
Queen's Pudding.
Curds and Cream.
Velvet Cream.
Apple Snow.
Pudding Sauce, Apple Fool.

BREAD AND CAKES.
Salt Rising Bread.
Brown Bread Muffins.
Dried Apple Cake Rolls.
Nellie's Graham Gems.
Batter Cakes.
Puffs and Buns.
Johnny Cake.
Soft Ginger Bread.
Custard and Sponge Cake.
Delicate Cake.
Nellie's Orange Cake.
French Loaf Cake.
Lemon Jelly Cake.
Scotch Cake.
Feather Cake.
Jelly Cake, Corn Cake.
Plain Loaf Cake.
Strawberry Cake.
Sugar Gingerbread.

PRESERVES, PICKLES ETC.
Preserved Pears.
Chili Sauce.
Spiced Grapes.
Tomato Catsup.
Pickled Lily.
Cucumber Pickles.
Ice Cream.
Harlequin.
Soda Water.
Chocolate Caramels
Chocolate Creams.

MISCELLANEOUS.
To Measure Land.
To Estimate Crops.
To Measure Hay in Mow.
To Cure Dyspepsia and Liver Complaint.
To Wash Calico without Fading.
To Clean Blankets.
To Mend Iron Pots.
A Cheap Mouse Trap.
To Remove Lumps in Cow-Teats.
To Remove Warts.
To Cure Warts.

1884.

SOUPS, MEATS, SIDE DISHES, ETC.
Philadelphia Clam Soup.
Potage a la Reine.
Irish Stew.
Riced Potatoes.
Baked Onions.
Toad in the Hole.
Escaloped Tongue.
A la Mode Beef.

PIES, PUDDINGS, DESSERTS, ETC.
Blackberry Pie.
Sweet Potato Pie.
Squash Pie.
Chocolate Pie.
Damson Tart.
Rhubarb Tart.
Jelly Tartlets.
Neapolitainoes.
Chocolate Tartlets.
Cherry Pie.
Pumpkin Pie.
Corn Pudding.
Naples Rice Pudding.
Apple Tapioca Pudding
Dutch Apple Pudding.

BREAD, BREAKFAST, TEA & SWEET CAKE
Togus Bread.
Brown Bread.
Graham Griddle Cakes.
Indian Griddle Cakes.
Hominy Griddle Cakes.
Snow Pancakes.
Waffles.
Rice Waffles.
Fried Indian Muffins.
Corn Muffins.
Thin Corn Cake.
Tea Rolls.
Brown Biscuit.
Minute Biscuit.
Soda Biscuit without Milk.
Sunshine Cake.
White Fruit Cake
Preserved Pears.
Spiced Grapes.
Chili Sauce.
Ice Cream.
Harlequin.
Soda Water.
Chocolate Caramels.
Chocolate Creams.

MISCELLANEOUS.
To Measure Land.
To Estimate Grain Crops per Acre.
To Measure Hay in the Mow.
To Cure Dyspepsia and Liver Complaint.
To Fasten Knife Handles.
Cracks in Stoves.
Kitchen Odors.
To Clear and Strengthen the Voice.
Snow as a Substitute for Eggs.
To Polish Furniture.
Scouring Flour.
To Cure Croup.

RULES, TABLES OF WEIGHTS, ETC.
To Determine the Weight of Live Cattle.
Interest.
Weight of Bushels of Various Articles.
Capacity of Boxes.
To Measure Corn in the Crib.
Measures for Housekeepers
Table Showing Difference of Time at 12 o'clock (noon) at New York.

1885.

SOUPS, MEATS, SIDE DISHES, ETC.
Good Stock for Clear Soups.
Minnie's Tomato Soup.
Spring Soup
To Make a Croustade.
Royal Croquettes.
Mayonnaise Dressing.
Salad Dressing without Oil
Chicken a la Tartare.
Tartare Sauce for above.
Welsh Rarebit.

PIES, PUDDINGS, DESSERTS, ETC.
Miss Parloa's Puff Paste for Pies.
To Make a Pie, by Miss Parloa.
Minnie's Lemon Pie.
Sliced Apple Pie.
Grape Pie
Dried Plum Pies.
Apple Meringue Pie.
Mrs. M.'s Rice Pudding.
"Nigger Head," or Plum Pudding.
Bread and Butter Pudding
Rhubarb Pudding.
Rachel Pudding.
Down-East Pudding.
Custard Souffle.
Eve's Pudding.
Soft Caramel Custard.

BREAD AND CAKES.
Yeast.
Yeast Bread.
Sweet Brown Bread.
Corn Cake.
Raised Muffins.
Rice Muffins.
Buttermilk Rolls.
Feather Cake.
Sour Milk Biscuit.
Griddle Cakes.
Rice Cakes.
Indian Cakes.
Coffee Rolls.
Bunns.
Flour Drop Cakes.

PRESERVES, PICKLES FANCIES, ETC.
Barberries Preserved in Molasses.
Apple Preserve.
Preserved Cucumbers.
Tomato Sweetmeats.
Peaches Dried with Sugar.
Pickled Blueberries.
Sweet Tomato Pickle.
Chopped Pickle.
Curacoa.
Dinner Bills of Fare.
Meats and Their Accompaniments.

MISCELLANEOUS.
To Measure Land.
To Estimate Grain Crops per Acre.
To Measure Hay in Mow.
To Cure Dyspepsia and Liver Complaint.
Coloring Butter.
To Cure Earache.
A Hint to Consumptives.
Liquid Glue.
To Cure Croup.
To Mend Cracks in Stoves.

RULES, TABLES OF WEIGHTS, ETC,
To Determine the Weight of Live Cattle.
Interest.
Weight of Bushels of Various Articles.
Capacity of Boxes.
To Measure Corn in Crib.
Measures for Housekeepers.
Table Showing Difference of Time at 12 o'clock (noon) at New York.

PAINTING, ETC.
Same as in book of 1885.

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1886. CALENDAR. 1886.

JANUARY.

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FEBRUARY.

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MARCH.

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DECEMBER.

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